



SAFE HARBOR

RECOVERY CENTER

“The secret of getting ahead is getting started.”

— Mark Twain.

865 Islington St., Portsmouth NH 03801

(603) 570-9444

[Www.facebook.com/SafeHarborNH](https://www.facebook.com/SafeHarborNH)

<https://granitepathwaysnh.org/safe-harbor-recovery-center-1/>

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please contact Safe Harbor for any barriers to access as Zoom options may be available.				1 10-11 AA 11-1 NHHRC Van 1-2 Harm Reduction Works HRW	2 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
4 10-11 AA 12-1 AI-Anon 4-6 Recovery Choir	5 10-11 AA 5:00-6:15 Art 6:30-8 SMART	6 10-11 AA 4:30-5:30 Celebrate Recovery 7-8:30 Families Hoping & Coping	7 10-11 AA 11:30 Gentle Yoga 5-6:30 SMART	8 10-11 AA 11-1 NHHRC Van 1-2 Harm Reduction Works HRW	9 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
11 10-11 AA 12-1 AI-Anon 4-6 Recovery Choir	12 10-11 AA 5:00-6:15 Art 6:30-8 SMART	13 10-11 AA 4:30-5:30 Celebrate Recovery	14 10-11 AA 11:30 Gentle Yoga 5-6:30 SMART	15 10-11 AA 11-1 NHHRC Van 1-2 Harm Reduction Works HRW	16 8:30-12 ART 12-1 NA 3-5 Alternative Peer Group for Youth
18 10-11 AA 12-1 AI-Anon 4-6 Recovery Choir	19 10-11 AA 5:00-6:15 Art 6:30-8 SMART	20 10-11 AA 4:30-5:30 Celebrate Recovery 7-8:30 Families Hoping & Coping	21 10-11 AA 11:30 Gentle Yoga 5-6:30 SMART	22 10-11 AA 11-1 NHHRC Van 1-2 All Recovery+ 2-4 sELF Care Wellness Event	23 10-11 AA 11-1 NHHRC Van 1-2 All Recovery+ 3-5 Alternative Peer Group for Youth
25 10-11 AA 12-1 AI-Anon 4-6 Recovery Choir	26 10-11 AA 5:00-6:15 Art 6:30-8 SMART	27 10-11 AA 4:30-5:30 Celebrate Recovery	28 10-11 AA 11:30 Gentle Yoga 5-6:30 SMART	29 10-11 AA 11-1 NHHRC Van 1-2 All Recovery+	30 10-11 AA 11-1 NHHRC Van 1-2 All Recovery+ 3-5 Alternative Peer Group for Youth

Recovery Choir—BB Sanford Epps, M.Ed, leads us through recovery-based vocal workshops. For ages 12 and up. Call ahead to preregister

Harm Reduction Works—HRW—Our newest peer mutual aid meeting for anyone using prescribed or unprescribed drugs to support their health and foster open communication, resource sharing and trust/support

NHHRC Van— Overdose prevention /harm reduction services with NH Harm Reduction Coalition

Alternative Peer Group — Facilitated activity group for high school-aged youth—Call/text Jordan to register 603-312-2016.

Transportation services available. Center is open only to staff and individuals under 21 every Saturday 2-5.

Vinyasa Yoga—flow through a sequence of movements that restore balance to the body and mind